

Volume 14, Issue 10 — October 2019

Kidney Info



SALT= SODIUM

The daily sodium intake recommendation is less than 2000mg.

Try for <500-600mg sodium per meal

Too much salt causes your body to hold on to fluid and increases thirst. Because of this you have large weight gains between dialysis treatments and may have edema, high blood pressure, shortness of breath, increased risk of cardiovascular disease, and even death.

DID YOU KNOW?

Pancheros

Burrito Bowl (Rice 800mg, Black or Pinto Beans 470mg, Chicken 200mg, Shredded Cheese 110mg, Queso 570mg, Guacamole 260mg, Mild Salsa 250mg): 2660mg total (YIKES!)

McDonalds

Plain (no toppings) Hamburger 520mg VS McDonalds Cheeseburger 750mg (+230mg sodium from Cheese alone)

Culver's (burgers contained added phosphorus)

Plain (no toppings) Butter Burger "The Original" Single patty 480mg VS Culver's Cheddar Butterburger Single Patty 620mg

2 Tbsp Ketchup 110mg

3 pickles 40mg

Sea Salt 380mg/g VS Table Salt 388mg/g contain about the same about of sodium. One is not better for you than the other only texture is different

Food Label: READ THE LABEL

140mg, 5% or below is considered low in sodium
420mg, 15% or higher is considered high in sodium

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24th

Sign up in the waiting room

The Dialysis Newsletter is available online:
<https://www.mercycare.org/services/dialysis/newletters/>

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— nutrition news you can use!

DIETITIAN
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— nutrition news you can use!



NOT This:



RECIPE

Homemade Ketchup (No added salt):

Makes ~30oz prepared

Directions

1. Place ingredients in a saucepan and bring to boil
2. Reduce heat, let simmer for 10 minutes until onions are transparent
3. Remove from heat. Pour carefully into a blender (CAUTION— HOT)
4. Return puree to pot, heat, and simmer over low heat for 1 1/2-2 hours until thickened.
5. Remove from heat. Sauce will thicken more as it cools.
6. Keep in the refrigerator for up to 3 weeks.

Ingredients

- 1, 16oz jar roasted red peppers
- 1, 28oz. can no added salt tomatoes
- 1 medium onion, chopped
- 2 clove garlic, minced
- 1 cup cider vinegar
- 1 cup brown sugar, lightly packed

Nutrients for 2 Tbsp.

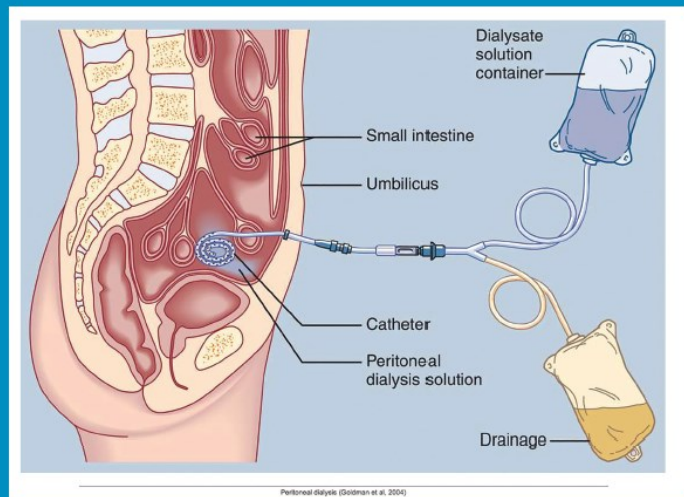
| | |
|---------------|---------|
| Calories | 225kcal |
| Fat | 6.5g |
| Carbohydrates | 19g |
| Protein | 21g |
| Sodium | 160mg |
| Potassium | 350mg |
| Phosphorus | 313mg |

Peritoneal Dialysis (PD) Catheter Care

Taking good care of your catheter is important to prevent infections and do well on PD.

Here are some tips for routine catheter care:

- Check your catheter every day for signs of cracking or pulling.
- Do not wear tight clothes or belts around the exit site.
- Before handling your catheter and before and after an exchange is made, wash your hands with soap and water for at least two minutes and dry them with a disposable paper towel.
- Tape the catheter down to your skin.
- Keep the catheter away from scissors or other sharp objects.



- Cleanse the catheter thoroughly with a wash cloth and soap every day.
- Keep a special dressing over the exit site if your dialysis care team tells you to do so.
- Do not allow tugging or pulling of your catheter.

Dinning Out in Confidence

These tips will help you eat healthy and limit added phosphorus, potassium and salt.

CHOOSE items described as:

- Blackened
- Grilled
- Steamed
- Broiled
- Poached
- Sautéed

These foods have fewer phosphorus additives and calories.

ALWAYS

- Take your phosphorus binders
- Take an extra binder to counter phosphorus additives

AVOID or LIMIT items described as:

- A la mode
- Cheesy
- Pan-fried
- Au gratin
- Creamy
- Scalloped
- Battered
- Crispy
- Smothered
- Breaded
- Crunchy
- Stuffed
- Buttery
- Fried

Breaded foods such as:

- Fried chicken
- Fried chicken strips
- Jalapeño poppers
- Fried chicken sandwiches
- Fried fish
- Mozzarella sticks

AVOID or LIMIT these foods:

- Biscuits
- Cola beverages
- Parmesan
- Cheese sauce
- Pancakes
- Waffles
- White rice

These foods have more calories and a greater chance of having phosphorus additives.

Fast Food / Fast Casual

- Choose an apple instead of fries or bread
- Get a grilled chicken sandwich instead of a fried chicken sandwich (the breading could have phosphorus additives)
- Limit potatoes (high potassium)
- Choose a hamburger instead of a cheeseburger

Salads

CHOOSE

- Grilled chicken or fish
- Half portion of cheese
- Dressing on the side (dip empty fork in dressing and then the salad)

AVOID

- Bacon
- Croutons
- Fried chicken or fish
- Fried noodles
- Tomatoes
- Mayonnaise-based dressings such as Caesar, ranch, and Thousand Island
- Mayonnaise-based salads such as coleslaw, pasta salad, potato salad, tuna salad, egg salad

Taco Bowls

CHOOSE

- Brown rice not white
- Beans or meat, not both*
- Extra grilled peppers and onions
- Cheese or sour cream, not both*

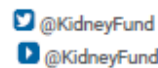
AVOID

- Avocado*
- Guacamole*
- Tomato*
- Tortilla bowl

*too much potassium



Kidney Kitchen



KidneyFund.org

DO YOUR TIME, IT'S WORTH IT!

Skipping and Shortening Dialysis Treatment

How many times have you said to yourself, "I'm so tired, I'm not going to dialysis today," or "I need to take a mental health day off today," or "I feel so sick, I'm not leaving my bed."

This isn't surprising!

Having to do dialysis for the rest of your life, or until you receive a donor kidney, poses numerous physical and psychological problems. However, skipping treatments will make those WORSE.

So, why are there so many missed treatments?

Physical issues that cause people to miss treatments are:

- Nausea, vomiting or diarrhea (before, during or after treatment)
- High/low blood pressure
- Itching
- Hunger
- Cramping
- Discomfort in arm access

Other issues that cause people to miss treatments are:

- Transportation
- Boredom during treatment
- Personal time conflicts
- Waiting time for treatment
- Bad weather

WHY DOES THIS HURT ME?

- Periodically missing dialysis can become a habit over time (especially when you're feeling good)
- You may get away with skipping sessions, or shortening them for a while, but your body WILL catch up to you.
 - This is true for both hemodialysis and home dialysis

What happens when I miss a treatment?

| Missed Treatment(s) | Dialysis Minutes | Dialysis Hours | Months worth of treatments |
|---------------------|------------------|----------------|----------------------------|
| 1 | 240 | 4 | 0.08 |
| 2 | 480 | 8 | 0.15 |
| 3 | 720 | 12 | 0.23 |
| 4 | 960 | 16 | 0.31 |
| 5 | 1,200 | 20 | 0.38 |
| 6 | 1,440 | 24 | 0.46 |
| 7 | 1,680 | 28 | 0.54 |
| 8 | 1,920 | 32 | 0.62 |
| 9 | 2,160 | 36 | 0.69 |
| 10 | 2,400 | 40 | 0.77 |
| 11 | 2,640 | 44 | 0.85 |
| 12 | 2,880 | 48 | 0.92 |
| 13 | 3,120 | 52 | 1 |

Risks and Possible Complications from not getting enough dialysis:

- Fluid overload. Too much fluid can cause shortness of breath and possible hospitalization.
- Severe cramping and hypotension at next treatment because extra fluid will have to be removed.
- Missing injected medications can worsen anemia and bone disease.
- High potassium can cause heart problems, including irregular heartbeat, heart attack, and/or death.
- High blood pressure can cause a stroke which can lead to permanent disability and/or death.

What can you do?

- 1) Communicate, be open with your care team about your struggles
- 2) If transportation is an issue, develop a plan listing several alternatives rather than reacting when an unplanned situation presents itself
- 3) Get some ideas from your staff/social worker on how to spend your time during treatment if you're bored
- 4) Journaling, writing on a blog, coloring, playing cards, etc.

Monthly Puzzle & Birthdays!

Tips for eating out and avoiding extra salt/sodium

1. Choose to eat vegetarian- often meat at a restaurant is cooked from frozen and has extra salt due to processing
2. Head to the restaurant's website before you head out to eat to look at the nutrition facts and sodium content of their foods!
3. Skip the "extra" toppings (pickles, olives, mayo, bacon, cheese, sauces)
4. Go non-breaded over fried fish or breaded chicken tenders
5. Limit going out to eat
6. Skip the appetizers
7. Ask for no sauces or gravies
8. Order without Cheese
9. Ask for dressings on the side

***If you have question or concerns talk with your dietitian.

PRESS GANEY

You may be receiving a phone call from a representative of Press Ganey regarding your dialysis treatments. This is NOT a solicitation. Press Ganey is a third party vendor contracted out by Mercy to conduct annual Patient Satisfaction Surveys. The phone call should only take about 20 minutes to complete. They will begin calling late October up until Christmas time. Your participation in this survey helps us improve our services. Thank you in advance for your input.

- Your Dialysis Team

DON'T FORGET YOUR FLU SHOT!

For your convenience, we will be providing flu shots again this year.

Flu Shots will be available mid October. If you receive the flu shot at a different location, please bring in documentation of receiving your flu shot.

Thank you!

Happy
BIRTHDAY

Deborah P. 9th

Peter H. 26th

Gary T. 25th

Frank G. 5th

Ray P. 17th

Oma P. 18th

Kim G. 13th

Bonnie T. 2nd



Mercy Health Plaza
5264 Council St. NE
Cedar Rapids, IA 52402

Mercy Medical Center
701 10th St. SE
Cedar Rapids, IA 52403

Mercy Dialysis—Vinton
502 N. 9th Ave
Vinton, IA 52349



Heartland Kidney
Network

We're Here For You.

People on dialysis have a higher risk of infection due to a lessened ability to fight disease. Your immunization record is needed when you start and while you are on dialysis. Influenza (flu), pneumonia, hepatitis B and TB screening are all recommended vaccines for people on dialysis.



MY LIFE: VACCINES

INFLUENZA (FLU) VACCINES

The flu is a disease caused by the influenza virus; it spreads from person to person through coughing or sneezing. The flu can lead to pneumonia and can be dangerous for people with heart or breathing problems. The flu kills about 36,000 people each year in the United States, most are elderly. The flu vaccine is updated every year because influenza viruses are always changing.

What I should know:

- A flu shot is recommended for people with chronic illness including kidney disease, diabetes and anemia.
- Get a flu shot every year to keep you protected.
- Get the flu shot in October or November before flu season starts.
- It takes about two weeks for protection to develop after the shot.
- Some people should not get the flu shot and others may need to wait. Tell your Care Team if you:
 - Have an allergy to eggs
 - Had a reaction to the flu vaccine in the past
 - Have a history of Guillain-Barré Syndrome (GBS)
 - Have a fever or are sick

- Serious problems from influenza vaccine are very rare.
- You cannot get the flu from the flu shot because the viruses in the flu shot have been inactivated.

(Source: www.cdc.gov/flu/keyfacts.htm)

PNEUMOCOCCAL DISEASE (PNEUMONIA)

Pneumonia caused by pneumococcal bacteria is a serious disease that can cause sickness and death. This disease can lead to serious infections of the lungs, blood, and brain. In fact, pneumonia kills more people in the United States each year than all other vaccine preventable diseases combined. Drugs such as penicillin were once effective in treating these infections, but the disease has become more resistant to these drugs, making treatment more difficult. This makes prevention of the disease through vaccination even more important.

What I should know:

- Anyone can get pneumonia.
- A pneumonia shot is recommended for people with chronic illness including kidney disease, diabetes, heart or lung disease or certain types of cancer.
- A pneumonia shot is recommended for young children and people 65 and older.
- The pneumococcal polysaccharide vaccine (PPV) protects against 23 types of pneumococcal bacteria.
- Usually one dose of PPV is all that is needed.
- A second dose is recommended for people with kidney disease.
- It takes about two to three weeks for protection to develop after the shot for most healthy adults.

(Source: www.cdc.gov/nip/publications/VIS/vis-ppv.pdf)

For more information or to file a grievance please contact the Heartland Kidney Network at: Heartland Kidney Network • 7306 NW Tiffany Springs Pkwy. • Suite 230 • Kansas City, MO 64153
Toll-Free Patient Line: (800) 444-9965 • net12@nw12.esrd.net • www.heartlandkidney.org

End-Stage Renal Disease (ESRD) #12 Network Coordinating Council, Inc. dba Heartland Kidney Network. This resource was created, developed, compiled, etc. while under contract with Center for Medicare and Medicaid Services, Baltimore, Maryland.
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Continued to back.

HEPATITIS B

Hepatitis B is a serious disease caused by the hepatitis B virus (HBV). It can cause short and long term health problems including: tiredness, jaundice, diarrhea, joint pain, liver damage and liver cancer. HBV is spread through contact with the blood and body fluids of an infected person.

What I should know:

- Hepatitis B vaccine can prevent hepatitis B infection.
- People on dialysis are highly encouraged by the U.S. Center for Disease Control (CDC) to receive the hepatitis B vaccine series.
- The vaccine is given in a series.
 - The series begins with the first vaccination.
 - The second is given one month later.
 - The third is given six months after the first vaccine.
- Sometimes, people on dialysis need a fourth vaccine to insure they are protected from HBV.
- Dialysis clinics are required to assess your level of protection and provide additional vaccination if necessary.
- If you are allergic to baker's yeast (the kind used for making bread) or have had a previous severe reaction to the vaccine, you should not take this vaccine.
- Getting hepatitis B vaccine is much safer than getting hepatitis B disease.
- Most people who get hepatitis B vaccine do not have any problems with it, however mild problems, such as soreness for a day or two where the shot was given, or a mild to moderate fever may occur.

(Source: <http://www.cdc.gov/nip/publications/VIS/vis-hep-b.pdf>)

TUBERCULOSIS (TB) SCREENING

TB is a disease caused by a bacterium called *Mycobacterium tuberculosis* and is spread through the air from one person to another. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. If not treated properly, TB disease can cause death. TB disease was once the leading cause of death in the United States.

What I should know:

- People on dialysis should be tested at least once for baseline tuberculin skin test results (TST).
- A small needle is used to put some testing material, called tuberculin, under the skin.
- You will be checked for a reaction in 2-3 days.
- If TB exposure is detected you should be re-tested.
- Chest x-rays may be used for individuals for whom the TST is not an option.

(Source: <http://www.cdc.gov/tb/>)

MY QUESTIONS

Ask your Care Team: Am I current on my vaccines? Do I currently have protection? Do you have a copy of my vaccines on record? Are there vaccines I cannot have? How often should I be tested for TB?

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